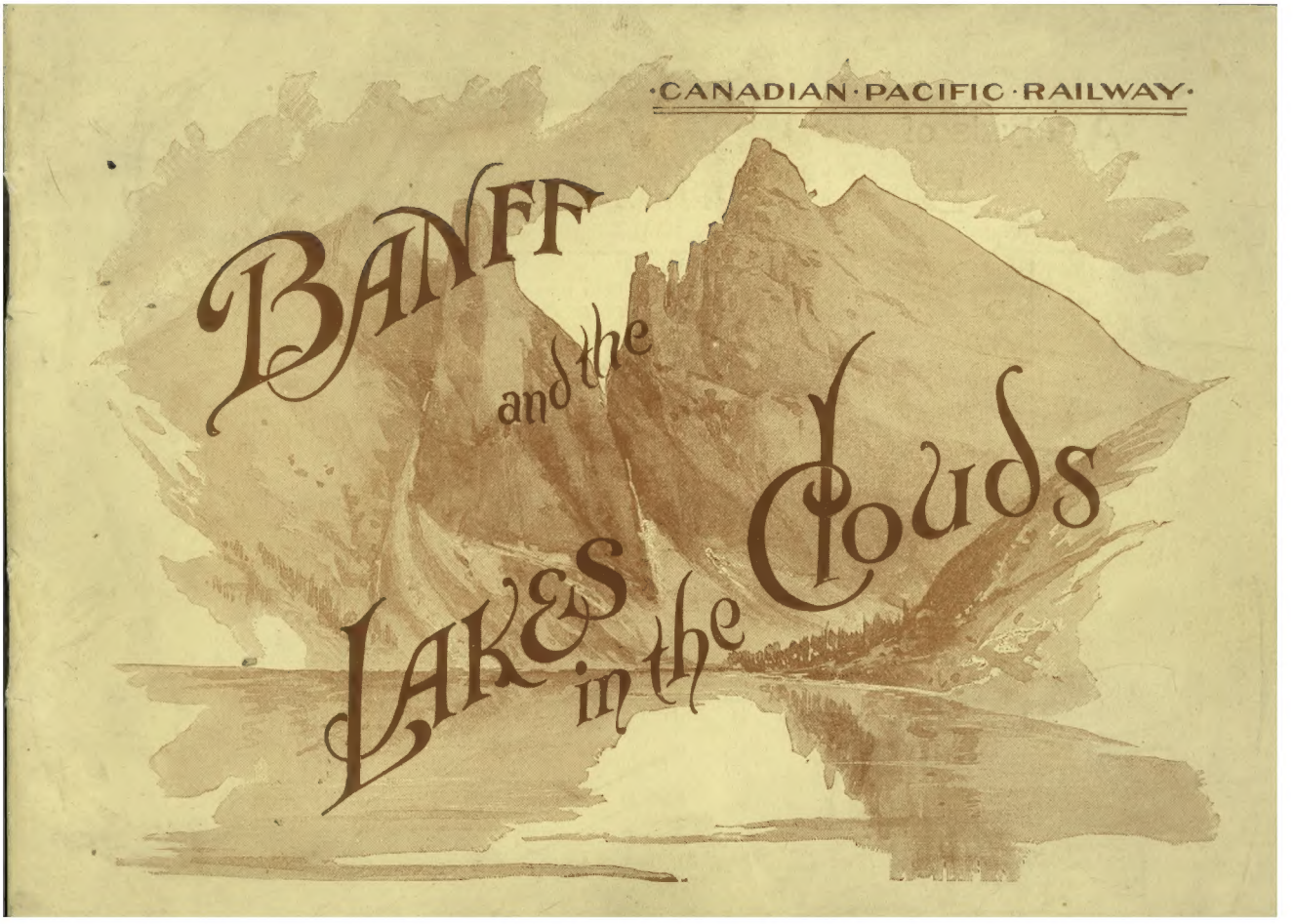
·CANADIAN·PACIFIC·RAILWAY·

BANFF and the LAKES in the Clouds



Analysis of
Banff Hot Springs Water

At a temperature of 127° Fahr. Test was made by Prof. Osler, of Philadelphia, in 1886.

Sulphuric	*Anhydrid*	*51.26*
Calcium	*Manoxide*	*24.48*
Carbon	*Dioxide*	*16.47*
Magnesium	*Oxide*	*4.14*
Sodium	*Oxide*	*27.53*
		123.88

Total solids per 100,000 found by experiment as existing in this water.

Calcium	*Sulphate*	*56.85*
Magnesium	*Sulphate*	*12.39*
Calcium	*Carbonate*	*3.29*
Sodium	*Sulphate*	*15.60*
Sodium	*Carbonate*	*35.73*
Silica		*Traces*
Organic Matter		*Traces*

BANFF

AND THE Lakes in the Clouds

REACHED BY THE

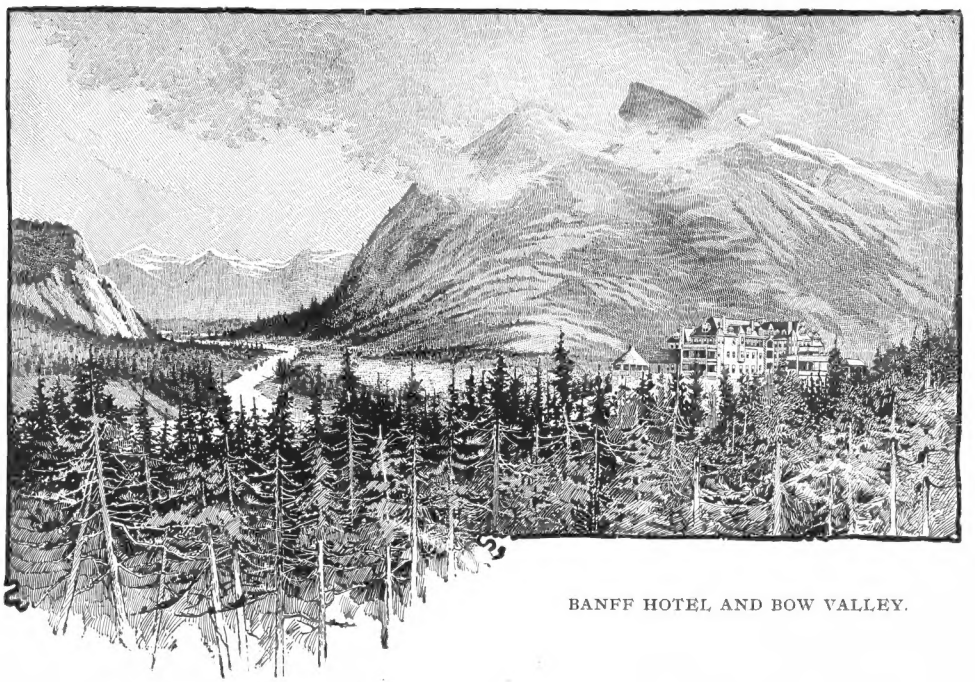
CANADIAN PACIFIC RAILWAY

THE CANADIAN NATIONAL PARK.

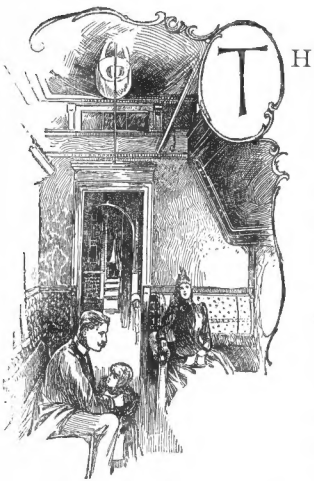
OUTINGS IN THE MOUNTAINS.

THE C. P. R. HOTELS.

THIRD EDITION.



BANFF HOTEL AND BOW VALLEY.



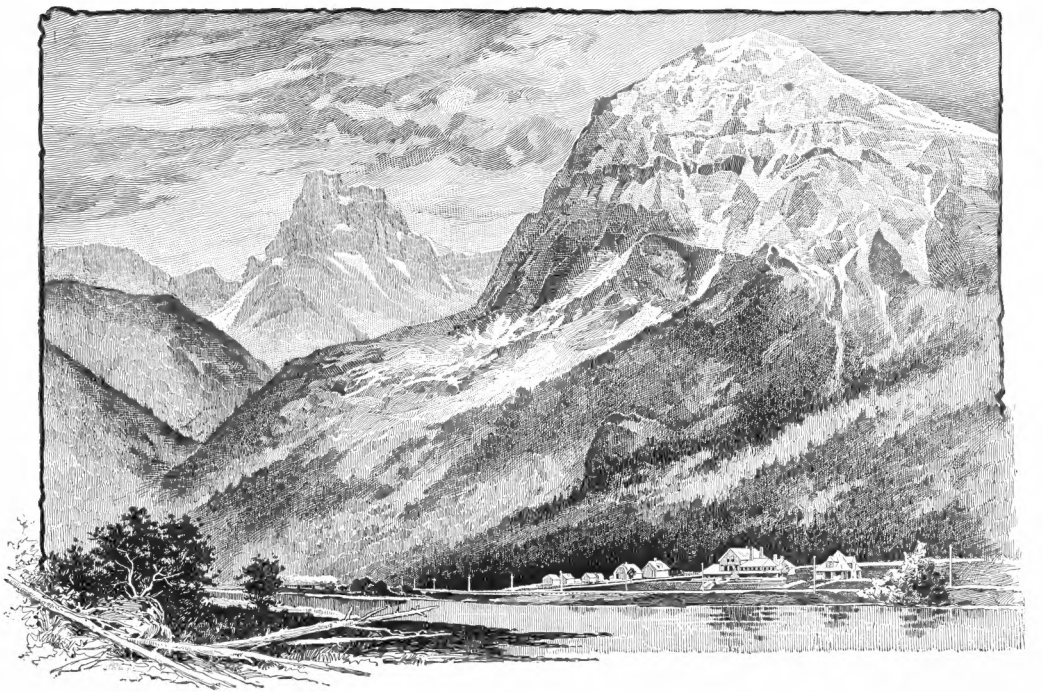
BANFF THE BEAUTIFUL.

THERE is not a more fascinating resort on all this continent than Banff, on the line of the Canadian Pacific Railway, in the heart of the Rocky Mountains. It is charmingly situated in the great Canadian National Park, a large reservation chosen by the Dominion Government for its beauty and sublimity and healthfulness as the great breathing place of the nation. Few places have found such speedy recognition of their attractive novelties, and none have better deserved the encomiums of enthusiastic tourists. But it is well that intending visitors should know what they are to see and understand the nature of the locality they propose to visit. They will not find the romping gaiety of a closely-packed seaside hotel, nor the statuary and carpet-gardening of a European palace on exhibition. Banff is *sui generis*, but in its kind cannot be excelled. The Banff Hot Springs are some natural wells of mineral water having peculiar medicinal qualities. Here the Canadian Pacific Railway has erected a large and luxuriously appointed hotel near the point where the River Spray rushes furiously over a series of rapids into the Bow River. The hotel overlooks the valley which carries the mingled waters of the two rivers meandering through the great natural park. The run to Banff from the last station on the western verge of the great Saskatchewan

plains has been described in word painting by many writers, but perhaps by none more simply or more accurately than by Baroness Macdonald : "Here the pass we are travelling through has narrowed suddenly to four miles, and as mists float upwards and away, we see great masses of scarred rock rising on each side—ranges towering one above the other. Very striking and magnificent grows the prospect as we penetrate into the mountains at last, each curve of the line bringing fresh vistas of endless peaks rolling away before us, all tinted rose, blush pink and silver as the sun lights their snowy tips. Every turn becomes a fresh mystery, for some huge mountain seems to stand right across our way, barring it for miles, with a stern face frowning down upon us, and yet a few minutes later we find the giant has been encircled and conquered, and soon lies far away in another direction."

A well-known writer, speaking of Banff, says :—

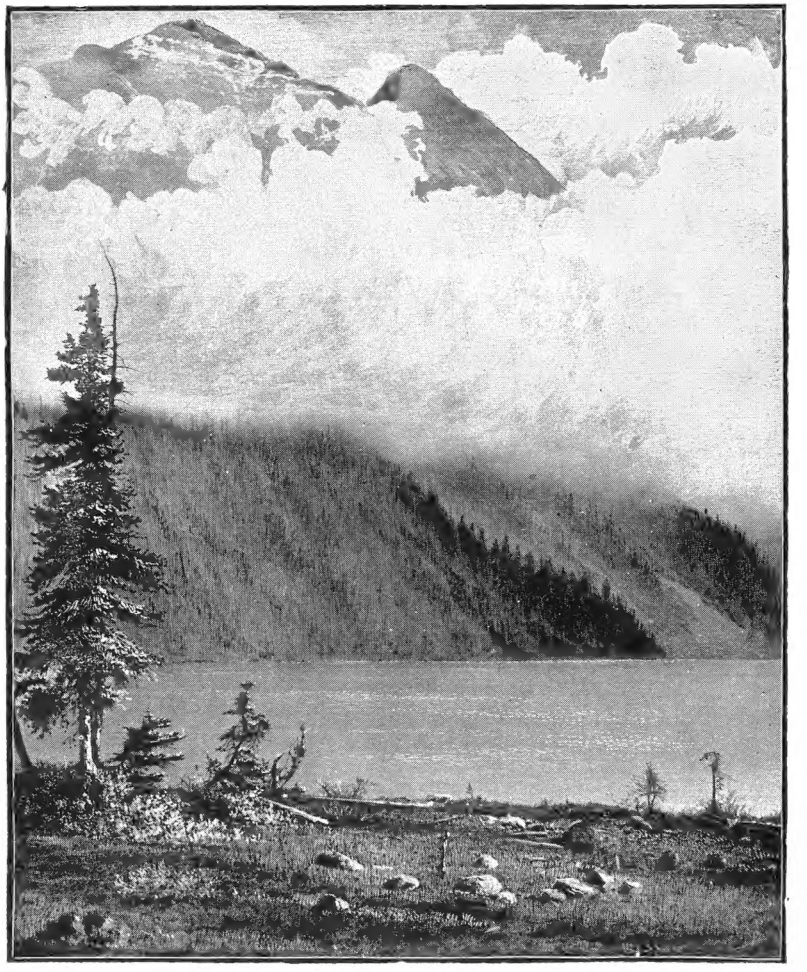
"On the sheltered terrace which commands the whole of it, we take our place, and all day long wonder and worship. The air is balmy with all the fragrance of these wind swept forests. There is the sound of rushing water for the great falls of foaming water, the Bow River, hurries on to its junction just below with the Kicking Horse River. The one is turbid, the other clear, green and swift as the arrowy Rhone. On either side of this mighty stream, huge cliffs rise, making a granite gateway. The one mildly defiant, softened at its base and summit with vegetation which gives it a touch of gentleness. The other stern with all the broodings of the ages, storm scarred and frost indented, rising four thousand feet, until in serrated lines as clean cut as the scimitar's edge, it stands against the sky. What mighty



MOUNT STEPHEN—FIELD STATION, ROCKY MOUNTAINS.

peaks, promontories rising on peaks, stretching backward with mighty reaches, until the great range merges in the remoter peaks in this great panorama of mountains! Bringing back our vision and looking down the valley of the Bow we see an amphitheatre indescribable in its grandeur. The mountains concede little to the river; room for its channel, a little river of green, a solitary island, forest covered, and then the mountains. Pile together the Presidential Range, strip them from base to summit of their forests, scar them with ravines and gullies, set up on their lower peaks the crag of Drachenfelds, put upon their face the peaks of a dozen Gibraltars and a score of Storm Kings, build up their summits on great terraces pillared like Fingal and Staffa, weave all the strata of all the ages into fantastic scar and patches like the disfigurements of a scalded face, and then fleck the ravines with snow and balance the clouds above them with their dancing shadows, and make background for it all of great clouds sailing like freighted argosies on sapphire seas, and one can have the outlines of the vision that lies before us as we sit above the foaming waters of the River Bow."

The hotel is a short distance from the station. It is situated on an eminence commanding not only an uninterrupted view of the Bow valley, but of peaks and stretches of the Rockies in other directions, and in the surrounding country for many miles science has availed itself of nature's gifts to create out of the wilderness a mountain park twenty-six miles long by ten wide—a public pleasure ground without an equal. Streams have been bridged, roads laid out, and trails cut, penetrating for miles into the solitudes, so that in several directions the visitors may drive, ride or wander afoot inhaling the health-giving mountain air, or seeking the most favorable



CLOUD EFFECT ON LAKE LOUISE.

spots for pencil, kodak, rod or gun. There is excellent trout fishing in the bright and rapid Bow, in the valley beneath the hotel, and good trolling on Devil's Lake, a little distance from the hotel. A steam launch, beside boats and canoes, has been placed on the Bow River for the use of visitors, enabling them to make excursions on the river and to Vermillion Lake. There is good duck shooting on and about the neighboring lakes in the season, and for the more adventurous the mountain sheep (Bighorns) and mountain goat offer a temptation to which men who have gained other laurels in the sporting world are glad to yield. In the hotel, at Banff, a dark room has been furnished for the use of photographers who desire to finish their pictures before returning home.

THE HOT MEDICINAL SPRINGS

Though Banff is chiefly a resort of tourists and pleasure seekers, its waters have properties that are commended strongly by medical men. Dr. Danter, president of the American Health Resort Association, says: "The springs are natural hot sulphur water, combining other chemical ingredients, and while the air is a restorer to the pulmonary diseased, the springs are particularly beneficial to rheumatic patients as to those afflicted in some other ways." Patients are sent here to bathe in the hot sulphur baths, the annihilators of rheumatic complaints; and these are none the less appreciated from the circumstance of their being an annex of an hotel which, though situated in the wildest part of the continent, is in its appointments and luxurious accessories as if in the midst of eastern civilization. There are many hotels, indeed, in

the leading cities of this continent which, pluming themselves upon being distinguished houses, are excelled by Banff in many things that make the reputation of an hotel. To say at parting with an acquaintance in the east, "We'll meet again at Banff," is likely to become one of those addenda to "good-bye," that indicate the more fastidious class of that ever increasing multitude, the travelling public. It is so easy to get there, so difficult to tear yourself away until the beauties of its surroundings have been explored.



THE LAKES IN THE CLOUDS.

NOT far from Banff are the Lakes in the Clouds. So near and yet so dissimilar are these two charming spots that, one having been seen, there is naturally a desire to visit the other. If Banff is beautiful, these lakes, a few hours away, are enchanting. They must be seen, however, for no mere description can do justice to their loveliness and sublimity. The station on the Canadian Pacific line for the Lakes in the Clouds is Laggan, 34 miles west of Banff. It is about an hour's ride to Laggan, where choice can be made of driving, riding or walking up to Lake Louise, the first to be reached of the three sheets of water hidden high up above the valley.

LAKE LOUISE.

The drive is through a pine forest, in which a good carriage road has been cut, but the bridle path enables horsemen and pedestrians to take a shorter way. Although as previously remarked, word painting does not adequately convey the effect of the approach to Lake Louise and its sudden burst upon the sight of the traveller, for mental pictures involve themselves with actual sights, it may be worth while quoting one writer :

"Nestling at the foot of two great mountains, which seem to guard against the encroachments of the vast glaciers resting on the sides of a third, canopied by a sky like the petal of a soft blush rose, its unfathomable waters reproduce with mirror-like fidelity the green forests, bare peaks and motionless seas of snow-mantled ice—Lake Louise is a dream of loveliness. To the right is an amphitheatre of spruce, whose tall heads rise up in a terraced evenness, and through whose intricacies are passes to the upper lakes. Between the two great mountains is a back-setting of grey and white—the ice-fields ; the one at the base being covered with the drift of centuries. These glaciers are of enormous thickness and of great area, and, with the coursing of the sun, or the passing of clouds, present new shapes and fantastic forms, and as the rays of old Sol pour down, the stillness of the air is broken by the crunching and grinding of the ice-beds. The base of Goat Mountain on the left is clad with spruce on one side, and beautiful fresh foliage embellishes another, which, in the fall of the year, is rich with the autumnal tints peculiar to American woods, while above there are huge



MERRITT LAKE.

precipices of bare rock, which come sheer down for thousands of feet. These walls are vari-colored, resembling marble in places, whose tinted hues are in pleasing contrast with the dull dun and grey rock and the dark slate."

On the margin of the lake the railway company have built a chalet, at which visitors rest and lunch. It is not precisely an hotel, though rooms and meals are provided for those who desire to remain either to fish or hunt.

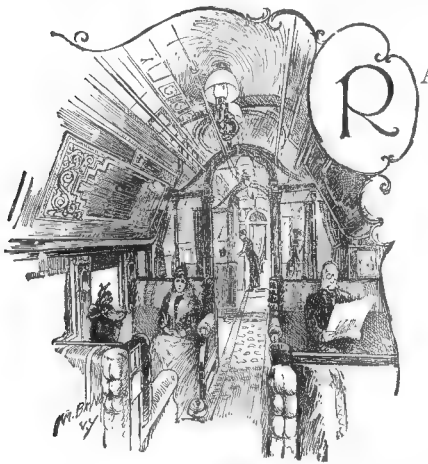
MIRROR LAKE.

The majority of visitors, however, prefer to go on to the remaining lakes and return in time to catch the eastbound train to Banff. The ascent to Lakes Mirror and Agnes, the one on the breast and the other on the shoulder of the mountain that confines Lake Louise on the southern side, is usually made on Indian ponies, but with sturdy climbing powers one can scramble up the steep ascent without any great waste of time or exertion. These sure-footed little animals occupy about an hour in reaching Mirror Lake, the first of the two, and the offspring of Lake Agnes still higher up the mountain. A beautiful view of the Bow valley and the surrounding country is obtained during this ascent. Mirror Lake has no visible outlet, its waters escaping through some underground channel into Lake Louise. They rise and fall as the inflowing streams pour their floods more rapidly than they are carried off. Its still and clear surface, differing in color from that of Lake Louise and of Lake Agnes, reflects in a peculiarly effective way its encircling walls, and suggested the appropriate name of Mirror Lake. Anxious to reach the highest point, the visitor shortens his



LAKE AGNES.

stay at the intermediate water, and, remounting his pony or grasping his alpenstock, continues his ascent to Lake Agnes, around the sloping side of the mountain which, while not at all dangerous, is attended with all the pleasurable sensations of excitement.



LAKE AGNES.

RARE is the beauty of the crystal pool known as Lake Agnes, although its surroundings do not possess that loveliness which characterizes its sister lakes. It is about a quarter of a mile in length, with half that breadth, and its great depths have not yet been ascertained. It is fed by several waterfalls dropping from the heights above and from numerous springs and great banks of snow which line the mountains that enclose it. Where you reach its outlet is a clump of trees, in whose shade is Table Rock, affording a splendid dining table for picknickers. Like a sentinel on the other side stands a grim mountain, and irregular peaks running back, tell of the succession of violent irruptions in that awful day of the great upheaval far back in the dim, misty ages of antiquity. To the south is a remarkable cleft in a rocky peak, in the centre of which is suspended in mid-air a large boulder, but at such a height that it looks no larger than a cannon ball. The peaks rise up in terraces

reaching far above the timber line, and at the base are huge heaps of moraine. Further on is a vast amphitheatre-shaped basin, in which lie the accumulations of the snows of ages past. Here even in the warmest day it is always cool and pleasant and, by a few further steps (for you are nearing the verge of vegetation) the pastime of a snow-balling match can be indulged in, not five minutes after revelling amongst the mosses, the forget-me-nots and the gentian bells which with the heather of pink and white, dot the mountain side.



BOW RIVER AND MOUNT RUNDLE, BANFF.

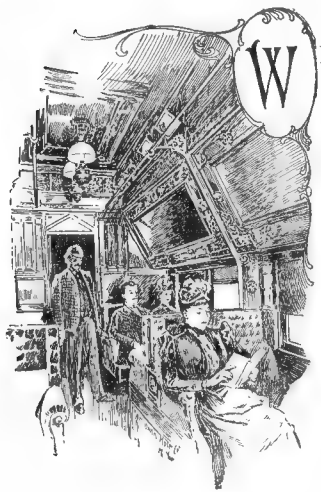
Beyond the snow basin again the spruce, mixed with the tamarac, which here first shows its head, clothe the hillside at this height; the wood anemone, the sweet little blue berry of the Scottish highlands, the fern, the Alpine idelweiss—the bridal flower of the Swiss mountaineer—and the heather that reminds the sons and daughters of bonny Scotland of their native land, and other brilliant hued flowers, add beauty to the scene.

The shortest and not the least pointed description of these lakes was given by the lady who called them "A necklet of gems on the bosom of the mountain."

The return to Laggan is of course made in, comparatively speaking, short time, and the eastbound transcontinental train is there taken for Banff, to which the tourist returns charmed with his day's excursion, and thoroughly appreciative of the comfortable home that awaits him.

ROUND ABOUT BANFF.

Eight miles from Banff is Lake Minnewanka, or the Devil's Lake, a drive to which over an excellent road affords a pleasant outing. There is a yacht, and there are boats on the lake, and the fishing is particularly good. These are some of the more noted points that attract the tourist who rests a while at Banff, but it is needless to say that those who like making little scenic discoveries for themselves, or fishermen who love to work in solitude without fear of companionship, can find numerous spots where they may indulge in unbroken reveries, and by a little exercise of fancy imagine themselves discoverers of the wilds before and around them, and monarchs of all they survey.



THE C. P. R. CHALET HOTELS.

WITHIN the mountain ranges there are three chalet hotels, as they are called, between Banff and Vancouver, at any of which a tourist will find such comfort as is not generally dreamed of in the mountains. The first of these is Mount Stephen House, at Field. These chalets, unlike that at Lake Louise, are hotels at which tourists may, and do, stop for some time. Some do so to break their journey, knowing that the resources of civilization have been taxed for their comfort, while others select the Mount Stephen House as a convenient base for hunting the Bighorns and the Mountain-goat. In the background of the hotel is Mount Stephen, the highest point of the Rockies along the line (8,000 feet), and artists, amateur and professional, find ample choice for the exercise of their brush; and near-bye Lake Emerald is a scenic gem of rarest beauty.

At the Banff Hotel the charge is from $3.50 to $5 per day, a moderate rate for such an hotel in such a locality, and at the other three hotels mentioned the charge is $3 per day.



DINING ROOM "MOUNT STEPHEN HOUSE," FIELD, B. C.

THE GLACIER HOUSE.

Within fifteen minutes' walk of the great glacier of the Selkirks is the Glacier House, at a station eighty-six miles beyond Mount Stephen. The popularity of this spot is such that the company has found it necessary to build a large annex to the original hotel, and it can now accommodate a considerable number of guests. Paths have been cut through the woods from the hotel to the edge of the glacier so that ladies and children may go up to its edge, and even upon the icy accumulation itself, without danger. Opposite the hotel is a lofty chain of the Selkirk range, of which the chief peak, the highest of the Selkirks, is Sir Donald. On fine days the top of this peak, as of its neighbors, shows clear against the sky, but its great altitude involves its frequent eclipse by passing clouds. Its disappearance and reappearance, however, only adds to the effect of the view that is obtained from the verandah of the hotel. This, too, is a hunter's base, for Bighorns and mountain-goat and black bear.

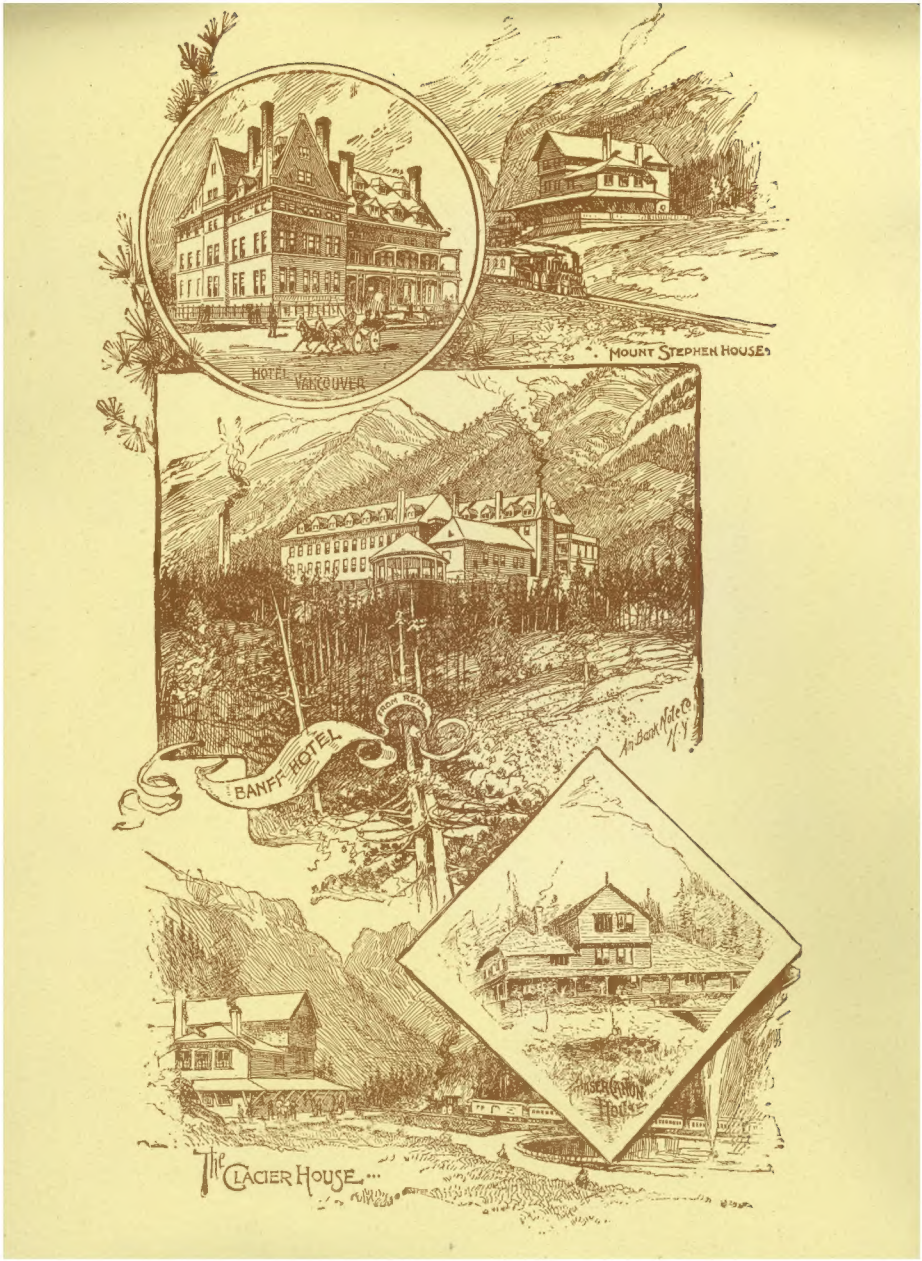
THE FRASER CAÑON HOUSE.

At North Bend, on the Fraser River, is the last of these hotels. It is called Fraser Cañon House, and is in all respects similar to the two that have been spoken of. It is in the neighborhood of some of the most remarkable and furious reaches of the Fraser River, which for over fifty miles rushes through narrow and picturesque cañons before reaching the fertile country of its delta below Yale.

HOTEL VANCOUVER.

At Vancouver, at a short distance from the harbor and commanding a series of views of the bay and the surrounding country, is the Canadian Pacific Railway Company's "Hotel Vancouver," the principal hotel of the city, and one unsurpassed in its appointments and general comfort by any on the Pacific Coast. It is at all times well patronized, summer and winter, but at the times of arrival and departure of the Japan and China or Australian steamers, is more than usually bright and busy. Almost adjoining it is the Opera House, one of the most charming theatres outside of New York, and this with other attractions has served to make the hotel so popular that it was found absolutely necessary to increase the size of the building.

This series of hotels, with the Chateau Frontenac, on the famed Dufferin Terrace at Quebec, enables the tourist to cross from the Atlantic to the Pacific through Canada, and to spend whatever leisure time he chooses to afford fishing, shooting or wandering amidst the magnificent scenery of the Rocky Mountains, in all the comfort that capital and enterprise have provided for the tourist by this route.


HOTEL VANCOUVER
MOUNT STEPHEN HOUSE
BANFF HOTEL
FRASER CANYON HOUSE
THE GLACIER HOUSE

FOR further particulars or information, apply to any Agent of the Canadian Pacific Railway, or to

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